



**Pears** are one of the world's oldest cultivated fruits and have been referenced in ancient stories and records dating back to 5,000 B.C.. Thanks to their versatility and long storage life, **pears** were a valuable and much desired commodity among the trading routes of the ancient world. Early colonists brought the first **pear** trees to America where they thrived until crop blights proved too severe to sustain widespread cultivation. Later the **pear** tree was brought to Idaho and the Northwest where ideal climate and growing conditions allowed the fruit to flourish.

Today, **pears** are grown throughout Idaho, but primarily in the southwest Snake River Valley. Major Idaho varieties include Barlett ,Anjou, and Bosc **pears**. Harvest season in Idaho is late August and September, but due to storage capabilities **pears** are available fresh through November.

**Pears** are a unique fruit that ripen best off the tree. **Pears** shipped and sold in grocery stores are often fully mature but not ripe. To tell if a **pear** is ripe, press on the neck of the fruit — if it gives slightly, it is ripe. To ripen **pears**, store at room temperature until slightly soft, then store in refrigerator for up to 3 days.



**Pears** are a great source of vitamin C, potassium and fiber—so enjoy this popular fall fruit in lunchboxes or for an afternoon snack.

